



Hi! So glad you found your way here!

Thank you for inquiring about my doula services.

I offer a complimentary meeting for us to get to know each other, either in-person or online, as it suits you.

If we both decide we are a good match and want to proceed with working together, my services include:

- Two in-person prenatal meetings for discussion of your birth preferences and do some hands-on birth preparation
- Regular check-ins during your pregnancy to discuss concerns and gather resources
- I am on-call for you 24 hours / 7 days a week for 2 weeks before your estimated due date until baby is born
- I provide constant one-to-one support during your labour process, from the time we agree for me to join you until baby is born
- One postpartum in-person meeting to discuss and process the birth

Throughout your pregnancy and postpartum I provide emotional support and guidance as it feels right for you. I am your confidante and will help you navigate information so you can make the most empowered decisions leading up to and during your labour process.

I charge Sfr 1300 for my birth doula support.

It would be my honour and pleasure to walk beside you in this transformative journey. I look forward to hearing from you!

Gisela

